

The mediating role of emotion regulation between childhood-adolescence socioeconomic status and cardiovascular diseases in middle age: Path analysis

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*Abstract

Background: World Health Organization considers to control the cardiovascular diseases as health priority in developing countries. Life course is a biopsychosocial approach to chronic diseases and childhood-adolescence is a major course for development of this diseases.

Objective: The aim of this study was to determine the mediating role of cognitive emotion regulation in relationship between childhood-adolescence socioeconomic status and cardiovascular risk factors in middle age.

Methods: This descriptive-correlational study was conducted in Cardiology Department of Bu-Ali Sina Hospital in Qazvin in 2017. Two hundred five middle age persons were chosen by judgmental sampling. The study tools were childhood-adolescence socioeconomic status researcher-made questionnaire, Garnefski cognitive emotion regulation scale and Framingham 10 year risk assessment of cardiovascular disease. Data were analyzed by path analysis.

Findings: Results demonstrated that negative cognitive emotion regulation mediated the relationship between childhood-adolescence socioeconomic and cardiovascular diseases status. The direct effect of childhood-adolescence socioeconomic status on negative cognitive emotion regulation and this negative cognitive emotion regulation on the cardiovascular disease were approved.

Conclusion: Likely, policies for improving socioeconomic status in childhood-adolescence and interventions teaching for the appropriate emotion regulation can stop the development of cardiovascular disease risk and play a basic role in prevention of it.

Keywords: Socioeconomic status, Cardiovascular diseases, Emotion

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